

Shirley Bedford

Nominated for: Member-at-Large

Statement of Purpose

My personal goals and objectives in wanting to return to Council are, as always, to promote and advance treatment of mental health problems for the people of Saskatchewan. Most of us enjoy the concepts of "Life, Liberty and Happiness." These are rare concepts to people with severe illnesses or illnesses that have been neglected because of a lack in educated personal to provide services. Our Association can advocate on behalf of people needing care and direction. So I will always speak to those issues.

Education Preparation and Career Experiences

I was in the second class of nurses graduated from Saskatchewan Hospital. I followed my initial with additional education in psychology, sociology, Certificate in Health Care Administration, ad infinitum. I learned with the best: David Burns being a powerful influence in Cognitive Behavioral Therapy. My first years in nursing were at Saskatchewan Hospital followed by working at and through the Battlefords Mental Health Center.

I was a community Mental Health Nurse from 1988 to the present; now working for the Heartland Health Region in the same capacity. I did anxiety order groups for 18 years, travelled extensively to satellite clinics, including Ile-ala-Crosse. Some of my best educational experiences came from clients I worked with. I am hoping to reengage with the Degree Program.

Leadership Experiences

- I have served on Council in various capacities for many and have been involved with the RPNAS for my entire career. Local, Provincial and National. Serving on Council has been access to participation at the national level.
- I continue to be on board of the local Canadian Mental Health Association.
- I was previously involved with the Champions of Mental Health Awards and Banquet.
- I am an active union member.
- I participated in revising the Mental Health Act.

Syd Bolt

Nominated for: Member-at-Large

Statement of Purpose

I wish to continue to contribute my leadership skills and extensive experience over my 38-year career to assist in the transition of the Executive Director.

Education Preparation

- 38 years of progressive experience in leadership & management with a correctional context.

Leadership Experiences

- Currently serving as RPNAS president. Have held positions in various capacities with RPNAS over the years.
- Current President of Big Brothers & Big Sisters Regina
- Sit on University of Regina Senate
- Secretary – AIDS Program South Saskatchewan

Cheryl Carlson

Nominated for: Member-at-Large

Statement of Purpose

I have been an RPN for 33 years. I am concerned that the role of the RPNs in Western Canada is not fully understood and is underutilized. Given the complexity of mental health issues clients experience, it is imperative that RPNs be educated and available to assist clients to manage their health challenges. Given the increasing awareness of mental health issues now is an opportune time. RPNs possess the knowledge and expertise to provide this specialized care required. I am prepared to work hard and to have these issues addressed should I be elected to represent RPNAS members on the RPNAS Council.

Education Preparation

I graduated from SIAST as a RPN in 1984, obtained gerontological nursing certificate in 2005 and received BScN in 2011 from University of Saskatchewan. I am trained as a certified Gentle Persuasive Approach instructor and P.I.E.C.E.S. Assessment facilitator.

I have worked in Long Term Care for approximately 26 years as a general duty nurse and Resident Care Coordinator. For the past 6.5 years I have been working as a Clinical Nurse Educator in the Regina Qu'Appelle Health Region.

As a CNE, I am responsible for (but not limited to) LTC orientation at the RQHR level (throughout the entire region) and facility level (RPV). I assist with the development of nursing procedures and promotion of evidenced based nursing skills, nursing interventions and nursing practice.

LTC is a passion and I am very grateful to have the opportunity to work with the geriatric population. I have been able to utilize my skills as a RPN towards a population with physical, cognitive mental health needs and behavioural changes.

Leader Experiences

- SUN Local 268 – Have served as President, Vice President (current) & Sun District Council Rep
- Served on council as Member-at-Large
- I sit on the RPNAS Validation committee aiding in the development in interpretive documents and specialty practice documents.

Rachel Desnomie

Nominated for: Member-at-Large

Statement of Purpose

My role as a council member would be to bridge the gap between senior nurses and the newly graduated nurses. This will ensure a strong association in the future as the knowledge of the senior nurses is passed onto our new generation of nurses. This will also stimulate involvement from the newer nurses.

I am seeking nomination for a second 2-year term as a council member. I believe I had a rewarding two years learning and understanding how a self-regulated profession operates, but there is much more I can do as a continuing council member in the next two years. The objectives I will pursue include:

1. The representation of beginning practitioners (RPNs) in planning the future of our association.
2. To represent members in long term care.
3. Ensure the sustainability of our profession through the increase in education seats.

Education Preparation and Career Experience

My education and career background is tailored to support my objectives. When I graduated in 2013 I had many concerns surrounding the future of our Association. As I meet and work with newer graduates they also share these concerns. My time as a council member has allowed me to voice those concerns with council and was able to take that information back to our newer members.

I am currently advancing my education by working towards my degree in psychiatric nursing. I have achieved honour roll in this pursuit. My enhanced knowledge in psychiatric nursing will allow me to better serve the residents and their families.

I started working in long term care at the end of 2014 and I intend to work in this field for the foreseeable future. There are many concerns in long term care – I can be a representative to bring forth these concerns. The contributions from long term care are invaluable in the future planning of RPNs.

My education, work experience and representation the new generation of RPNs will allow me to bring unique insights and perspectives to council. My two first years on council were a great learning experience, and now I have a foundation to build on and help council achieve its goals.

Leadership Experiences

- Two years on RPNAS council as member-at-large.
- Aboriginal committee member of the Saskatchewan Federation of Labour (recently renewed a two-year term)
- Secretary on my SUN Local 100 committee
- P.I.E.C.E.S. facilitator

Deborah Dyer

Nominated for: Member-at-Large

Statement of Purpose

My overarching goal is to increase the visibility of the RPNAS.

This climate of transformational change provides us with a unique opportunity to promote the skills and expertise that psychiatric nurses bring to health care. Psychiatric Nurses are uniquely attuned to the determinants of health, the challenges of accessibility, and balancing patient focused care with the demands of the system.

Secondly, to ensure a healthy future for the RPNAS we need a sound sustainability plan. I believe the most important way to do this is to increase the number of seats in our psychiatric nursing program. I will work diligently towards this end.

Education Preparation and Career Experience

I received a Diploma in Psychiatric Nursing from Wascana Institute of Applied Arts and Sciences in 1983.

I have subsequently worked in:

- Long Term Care – Regina
- Private Health Care – Regina
- Psychiatric Inpatient – Sun Country
- Home Care – Sun Country
- Community Mental Health – Sun Country

I currently work with Addiction Services in RQHR, city and rural.

I am an avid learner. I have attend several workshops and conferences each year to enhance my skills et. In the past 5 years, I have attended the World Congress of Psychiatric Nursing, CBT for Depression, Anxiety and Depression, Physical Assessment, Addiction, and Psychotropic medication.

Leadership Experiences

I am serving a second term on board of the Canadian Mental Health Association Regina Branch.

Denise Gettle

Nominated for: Member-at-Large

Statement of Purpose

I am an educator in the Psychiatric Nursing Program at SaskPolytech so one of my primary goals would focus on the importance of post-secondary education and professional development. My goals include moving mental health issues to the forefront. Alberta joins British Columbia and Manitoba in only offering a Bachelor Degree program in Psychiatric Nursing, leaving Saskatchewan behind with the Diploma program. I would like to be part of changing that and work on having Saskatchewan join the other provinces in only offering a BPN program and also getting a Nurse Practitioner program for RPNs in Canada. Psychiatric Nurses have been educated and trained to take on this role and we need to show that we are vital within the health care system and are able to function as Nurse Practitioners.

I would like to explore possibilities of having a geriatric mental health unit in acute care in both Regina and Saskatoon. I have extensive experience working in acute and community geriatric mental health in Alberta. I believe this is one health service that is lacking in Saskatchewan.

Finally, professional development is key in maintaining our license. I would like to see a variety and easily accessible professional development options to enhance RPNs knowledge and skills.

Education Preparation and Career Experience

- RPN, RN, BN, MHS
- Psychiatric Nursing Diploma
- Geriatric Nursing Certificate
- Master Degree in Health Studies

I completed my psychiatric nursing diploma in 1984. Upon graduation I worked in several areas of mental health including acute adult and geriatric psychiatry, private nursing, corrections, community geriatric mental health, long-term care and as a faculty member in both nursing and psychiatric nursing post-secondary education. I obtained my RN and BN in the 1990s so that I could apply for a position as a geriatric mental health consultant. Being dually trained as an RPN/RN could bring valuable insight to council.

Leadership Experiences

I have a master's degree in Health Studies with a focus on Leadership and Education. Throughout my years as an RPN in Alberta and Saskatchewan I have served on professional and community boards including the planning committee for Clara's Big Ride: Champions of Mental Health in 2014 and an item writer (developing questions) for the *Registered Psychiatric Nurses of Canada Examination (RPNCE)*. I have been involved in fundraising events for various mental health organizations such as the Schizophrenia Society and the Alzheimer Society. I am currently on a research team developing a project to explore Mental Health Stigma in the Workplace and believe that more research by RPNs is needed to advance evidence-based practice in mental health.

Darcy McIntyre

Nominated for: Member-at-Large

Statement of Purpose

As an RPN for 20 years I am aware of the issues facing the organization and visibility of the profession. As an RPNAS council member I would focus on promoting recognition of the RPN profession and the valuable role RPNs place in addressing mental health and addictions needs of our clients and their families. Key to achieving this goal is public awareness of the RPN role and the vast practice areas we are employed in. In addition, increasing the membership is a key goal for sustained visibility of the profession in Saskatchewan. These goals can be achieved by partnering and working collaboratively with health regions, government and other stakeholders locally, provincially, nationally and internationally. I look forward to the opportunity to represent my colleagues and my profession on the council.

Education Preparation and Career Experience

Graduate of the 1997 Wascana Diploma Psychiatric Nursing program. I have experience working in acute mental health, forensic psychiatric and now Fall & Injury Prevention Coordination. In these roles, I fully utilize my mental health knowledge working with patients/clients/residents across the whole spectrum of nursing from young individuals to seniors.

Leadership Experience

As an RPN, I have been on different associations / boards such as:

1. Local RPNAS branch member as an executive,
2. Local union secretary,
3. Currently local president for about 10 years,
4. Currently SUN District Council chairperson for the Battlefords,
5. Currently re-elected on the Board for Battlefords Minor Baseball Inc.